

The Grain Train

Name: _____

Trace the arrow to show the steps to make bread.



Farm



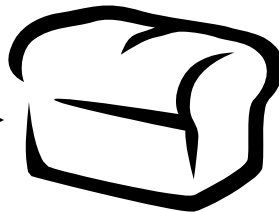
Harvest



Elevator



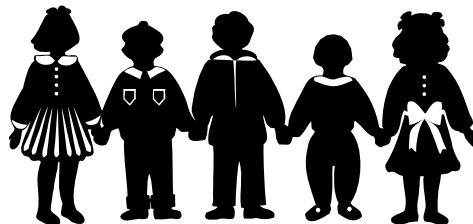
Mill to Make
Flour



Loaf of Bread



Grocery Store



People

Foods from the grain group give you energy and keep you healthy. Some choices are: whole wheat bread, oatmeal, brown rice, popcorn, pretzels, noodles, cereal, crackers, tortilla, and rolls. Eat from the Grain group every day.

Developed by: Denise Zimmer, RD, Eat Smart Be Smart Guide: Lesson K—The Grain Train.

Eat Smart Be Smart